



Heritage Center

November/December 2015



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

SPECIAL EVENT !

Upcoming events for
November & December

All special events require advance registration and payment. See article for details.

Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer
Opportunities



Veteran's Brunch—Monday, November 9 at 11:15

Cost is \$1 for Veterans and \$6 for others

Advance payment needed. See the article on page 11 for details.

Thank you to Serenity Funeral Homes for sponsoring the Veterans' Meals



Turkey & Entertainment—Wed., November 18

Mixed Nuts perform at 11:00

Turkey & Trimmings served at 12:00 Cost is \$6

See article on page 14 for details

Friday, December 4

10:00-3:00

**Community Welcome
Shop for unique gifts**



see article on page 11

**Holiday Meal &
Entertainment**

**\$7 advance ticket needed
for meal & entertainment.
Tickets on sale Nov. 4**



New Year's Eve Party ♦ Thursday, December 31

6:30-10:00 PM ♦ Tickets Limited

Prime Rib Dinner, Dancing, Casino Games



\$22 per person—Purchase One Ticket or a Table of Eight

Tickets go on sale November 5. See article on page 14 for details.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Becky Sanborn

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant—Amanda Hukabee and Nathan Root

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Watercolors Made E-Z II

John Fackrell will begin a new Watercolors Made E-Z II on **Monday, November 2** and run through **Monday, December 7**. Class time is **9:00-12:00** and the cost is **\$30**. Some prior Watercolor experience is necessary to participate in these classes. Sign up began in October. Space is limited, check with the front desk for availability.

Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts on **Monday, November 9** and runs through **Monday, December 14** from **10:30-12:00**. The cost for this 6-week class is \$15 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. Register for this class now.



Medicare Supplement Plans

On **Tuesday, November 10 at 10:30**, Troy Stover, Consumer Service Analyst, Utah Insurance Dept. Health Division, will be at the Center to offer a presentation on Medicare Supplement Plans (also known as Medigap plans). Are you confused with all the little, fine print and need someone to clarify questions? He will also be speaking about what agents can and cannot do when selling these types of policies to seniors. Open Enrollment for 2016 starts October 15 and runs until December 7. This is the time that you can purchase or change Advantage Care plans. You may be just turning 65 this year and have a myriad of questions about Medicare, Medigap, or Part D-prescription plans. If so, this is the class for you. Mr. Stover does not sell any plans, he only educates you on the best ways to handle your Medicare needs. This is a free class, register now.

Poetry Time

Poetry is starting again on **Thursday, November 5 at 7:00 pm** and runs through **Thursday, December 17**. If you ever wanted to learn how to write poetry, better understand poetry, or just have some fun with words, this is the class for you. Maybe you would like to give someone a special poem for the holidays, this would be a great opportunity to learn how to do that. If you are interested in Cowboy Poetry, there will be some time spent on that, too! Bob Bader, local poetry author is passionate about poetry, and wants to share his skills with you. Bob has been writing poetry for the last 20 years and joined the UTSPS Society (Utah State Poetry Society) 7 years ago in an effort to connect with fellow poets. He enjoys writing poems and sharing his knowledge. Poetry is a great creative activity that is truly rewarding. This is a free class, register now.

Veterans' Stories

The Center is excited to present the second annual Veterans' Presentation on **Tuesday, November 10 at 3:00**. Seven high school students from West Jordan High School will be presenting seven Veteran stories. The students have been working with our Veterans and will tell their stories. Everyone is invited to sit in on this presentation. We have Veterans from World War II, Korea and Viet Nam represented from our Center. This is a special time for our Veterans to be highlighted and a great opportunity for our local high school students to learn firsthand about the life of our Veterans. This will prove to inspire all that attend. Light refreshments will be served after the presentation.

Dichroic Art Class

The Center is offering a Dichroic glass jewelry class on **Monday, November 16 at 1:00-3:00**. The cost of the class is **\$20** which includes all supplies. Space is limited to 8 participants. Register now. Dichroic Glass is one of the most exciting materials being used today. Connie Wilcox will be teaching this class. Using pre-cut glass you will make a layered glass pendant from start to finish. Connie will then take your art piece home and put it in her kiln to complete the process. She will return them to the Center within a week.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Monday, Nov. 23** or **Dec. 28** from **9:30-2:30**. Sign up at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. You make your check out to AARP and pay the day of class. They do not take Credit Cards. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class. Starting in 2016, the class will move to the last Tuesday of every month. We have a larger room available on Tuesdays so we can accommodate more participants.



Wednesday Painting: Oil & Watercolor

The current Wednesday painting class is full. A new six week session will begin on **Wednesday, November 25 – 9:00-12:00** and will run through **Wednesday, December 30**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Signups began in October. Space is limited, check with the front desk for availability.



Downsizing: What does it mean?

The Center is pleased to offer a class called **Downsizing: What Does It Mean?** This class will be held on **Tuesday, November 17 at 10:30**. Darlene Whitney, local Real Estate Broker with Keller Williams, will present this class. Over the last 5 years, she has focused on helping Seniors downsize. Downsizing is a process that many of us need help with. Darlene has some great ideas and the willingness to help with this process. Are you thinking about moving to a smaller place? Over time, we tend to accumulate stuff...lots of stuff. We have drawers full of stuff, gifts that we have never used (and never will), furniture we don't really need but keep "just in case," and items that we've had for years that may be difficult to part with due to nothing more than familiarity while serving no functional purpose. Now is the time to get rid of excess baggage (literally) and pare down to the essentials. Darlene will discuss some of the best ways to downsize and feel good about it. This is a free class, register now.



Climbing the Peaks

The Center is pleased to welcome Carol Masheter back to speak on **Tuesday, November 24 at 10:30**. Carol will show pictures and share her experience of climbing Mt. Everest, the highest mountain in the world, at age 61 in 2008. She will explain why she made this climb, how she prepared for it, what the

climb was like, and lessons learned from high altitude mountaineering. She is a great presenter, register now, this is a free class.

Vital Aging—November & December

On **Tuesday, Nov. 24 at 10:30**, we will present a new wellness class called: Navigating the Holidays. The holidays can be a challenging time of year as we are faced with the demands of shopping, parties, decorating, family reunions, or missed loved ones. Learn ways to manage and cope more effectively through planning this joyous yet often hectic time of year. Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, Dec. 22 at 10:30**, our wellness class will be: **Coping with Chronic Conditions**. Living with chronic illness is challenging, but there are ways to manager and live a fulfilling life. Learn about physical/emotional challenges, and how to find resources as well as support yourself. We will also discuss the reality and misconceptions about chronic illnesses. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Senior Learning Network

Through the wonders of technology (video conferencing), the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. Join us on **Tuesday, November 24 at 1:00** for **"The Dangers in National Parks"** offered by the Brown Museum National Park Service. Explore some of the most beautiful places in the world, as well as some of the most deadly...America's National Parks. Although most visitors recognize the inherent dangers in exploring their parks, a good number are ignorant of the potential life threatening situations that can occur when you go on vacation and forget to pack your common sense.

On **Tuesday, December 1 at 2:00**, the Franklin D. Roosevelt President Library & Museum presents **"The Attack at Pearl Harbor: December 7, 1941, a Date Which Will Live in Infamy."** This presentation explores the Japanese surprise attack on Pearl Harbor and the decades old debate as to whether or not the United States should have, and/or could have, been more prepared for this devastating event that changed American and world history.

Finally, on **Thursday, December 17 at 1:00**, join us for something fun as we approach Christmas. Jeff Urbin of the FDR Library will do a special presentation on **Christmas at the FDR White House**.

These are free classes. Sign up now for these informative presentations.

Look What I Made

On **Tuesday, December 8 at 2:00**, Susan Callaway will be at the Center to instruct participants in how to create Stevie the Snowman Star. The cost is \$5 and all supplies are included. Registration and payment is needed in advance. You will be able to finish the project and take it home the day of the class.



Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held.

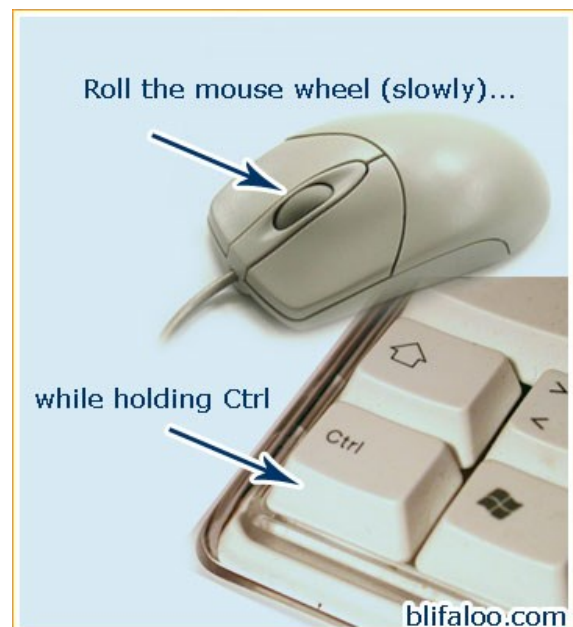
The Center also has an iPad available to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using. Private Gadget & Computer Help is available on Monday, Tuesday and Thursday for one hour and the cost is \$3. Sign-up and payment is needed in advance. Instructors can help with phones, readers, tablets, and computers.



Computer Tip—website text size

Trouble reading small text on a website? Try this...

While holding down the Ctrl button on your keyboard—rotate the scroll wheel in the middle of your mouse (see image below). On most computers this will magnify / shrink the size of the websites. Rolling the mouse wheel up will make everything bigger, while rolling the mouse wheel down will have the opposite effect. So, next time you are having trouble reading small text on a website, simply hold down control and use the scroll wheel. Alternative method: hold down CTRL and tap on the + and - buttons on the keyboard for the same effect.



Congratulations Volunteer of the Month Klair Gallagher

S C (Klair) Gallagher was born in Salt Lake City on November 4, 1932 and has been a resident of Salt Lake City his entire life. Klair attended West High, Salt Lake Technical College and the University of Utah. After completing his tour of duty as a paratrooper during the Korean War (1951-1955), Klair received an honorable discharge. He married Helen in 1957 and they have spent 58 wonderful years together. Klair has 2 children, 4 grandchildren and 2 great grandchildren, all of which he adores. Klair worked as a Mechanical Engineer in the structural steel fabrication industry and retired when he was 80 years old. He often made comments that he wasn't good enough at golf and no one wants to go fishing, "so I might as well keep working."

Klair spent a number of years coaching Little League Baseball and Football, numerous days building stage props for his granddaughter's dance company, and a never-ending amount of time supporting and chauffeuring his kids and grandkids to all their activities. He is very proud of his Irish heritage and has led the "Gallagher" clan in the St. Paddy's Day Parade for 25 years.

His hobbies over the years have included rebuilding and racing cars, golf, and fishing with his kids, brothers and nephews. Klair has served as a volunteer on the Heritage Golf Committee for four years and really enjoys the Heritage Golf Tournaments and getting to know the other golfers. He enjoys a great friendship with his "sister" Maureen (Moe) Gallagher at the Heritage Center. Klair will be honored for his contributions to the Heritage Center on November 25 during lunch at noon.



Welcome Becky Sanborn—New Staff

Becky is our new front desk receptionist. She started working at the end of July. We are very excited to have Becky with us; she is a great addition to our staff. If you haven't already, stop by the front desk any Tuesday-Friday morning and say hello.



Becky was born in Salt Lake City and has lived primarily in Murray all of her life. She graduated from Weber State University with her Associate of Arts degree and from the University of Utah with a bachelor's degree in Exercise and Sports Science. She has been married to the love of her life, Jim, for twenty-two years and has two wonderful sons, Mitchell and Nicholas, ages eighteen and fifteen. Becky has been working over at the Murray Parks for three years. When not busy with the ongoing events of life, Becky enjoys drawing, painting, reading, taking walks, and spending time with her family.

Volunteers Needed

Volunteers Needed—If you'd like to get involved and become a regular volunteer, talk to any staff person to set up a brief interview and discuss the areas where we need help. Currently we are looking for help in the following areas:

Volunteer Drivers—Drive the 14 passenger mini bus once a week or twice a month.

Plants & Vestibule—Assist Don twice a week by watering the plants and cleaning the entryway on Monday and Thursday.

Table Take Down—Take down tables and chairs on Wednesday or Friday after bingo.

Gadget Volunteer—Assist participants with gadgets such as phones, cameras and tablets.

Teach a class—do you have a passion or talent that you'd like to share by teaching a class on the subject? See Moe if you'd like to teach a skill.

Other—let us know how you'd like to get involved!

Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Tuesday, December 15 from 9:00-11:30** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Classified Ads

Classified Ads can be placed by Center Participants for \$5 (50 word limit). If you'd like to sell something or wish someone a happy birthday, the next available issue will be in the January/February issue and the deadline to submit is December 15. Ads selling something will need a phone number. See the front desk if you'd like more information. The Center has the right to refuse any ad and does not endorse any ad. All transactions made through the ads must be done outside of the Center and not inside the Center.



Massage Therapy on Fridays

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist provides massage therapy on **Fridays from 11:45-3:30**. Schedule a half hour for \$18 or an hour for \$36. Payment is needed in advance and paid to the Heritage Center.

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at mcreg.com. You will need an email address to create an account. Go to mcreg.com and select "New Account." Once you have created your log in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person." If you have questions about the process or which programs allow on-line registration, check at the front desk.



Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tues., Nov. 10** or **Tues., Dec. 8** from **11:00-1:00**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure



Blood pressure and glucose screening is offered on the following days: **Thursday, Nov. 5; Friday, Nov. 20; Thursday, December 3; Friday, Dec. 18**. All screenings are from 11:00-12:00.

Special thanks to Rite Aid and SLCC Nursing students for providing this service.

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Nov. 17** or **Dec. 15 at 12:00**. Bring documents related to the issues and a volunteer from SHIP will help you out.

Transportation

Transportation is available for Murray residents on Wednesdays to and from the Center. The cost is \$2 for a round trip ride and pick up is between 10:00-10:45 and take home around 2:30 after bingo. Call one day in advance for a ride.

2015 Heritage Center Events



Heritage Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you



Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday	Tuesday
9:00 NIA 9:00 Watercolors II 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Cokeville Miracle 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 9:00 Watercolors II 10:15 Pickleball—Outdoor Only Today 10:30 Meditation 11:00 Bridge Lessons 11:15 Veteran's Day Brunch 1:00 Movie: I'll See You In My Dreams 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Medicare Supplement Class 11:00 Canasta / Attorney Consultation 11:30-12:30 Lunch 12:30 Exercise Help 1:00 Computer Help / 12:45 Crafts 2:00 Beginning Line Dancing 3:00 Veterans' Stories Presented
9:00 NIA 9:00 Watercolor II 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Aloha 1:00 Dichroic Art Class 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / Downsizing Class 11:00 Museum of Natural History 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Exercise Help / 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 9:00 Watercolors II 9:00 Computer Help 9:30 AARP Smart Driving 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Avengers 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing / 10:30 Vital Aging 10:30 Tai Chi / Climbing the Peaks 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help / 12:45 Crafts 1:00 Computer Help 1:00 Dangers in National Parks 2:00 Beginning Line Dancing
9:00 NIA 9:00 Watercolors II 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Tomorrowland 2:00 Strength Conditioning	

Wednesday	Thursday	Friday
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch/Birthday 12:30 Stepping On 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 9:00 Blood Testing / Pickleball 10:30 Tai Chi /11:00 Blood Pressure 11:00 Museum of Natural History 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 12:45 Happy Hats / 1:00 Computer 2:00 Strength 7:00 Dance / Poetry	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Readers Theater 11:45 Massage 12:45 Bingo 1:00 Bridge
Center Closed Veterans Day 	8:30 Ceramics / Wendover 9:00 Stretch & Tone 9:00 Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance /UTE RC/Poetry	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Readers Theater 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:00 Mixed Nuts Perform 12:00 Thanksgiving Meal 1:00 Bingo starts late today 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch / Exercise Help 12:30 Game Day 12:45 Happy Hats 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance /Poetry	9:00 Zumba 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Readers Theater 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Tooele Breakfast Trip (no regular pick up service) 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	Center Closed 	Center Closed 
<div> <div>  </div> <div> <p>Next Month—Holiday Boutique and Silent Auction</p> <p>Friday, December 4 from 10:00-3:00</p> <p>Donations needed for Heritage Craft Table & Auction Table</p> <p>Buffet Meal & Entertainment tickets —\$7</p> <p>Tickets on sale starting November 4</p> </div> </div>		

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games — Dominos, Mexican Train, Rummikub, etc. — and teach you how to play.

Birthday Wednesday — November 4 & Dec. 2



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room or on the outdoor courts if weather permits. Drop in play is every **Tuesday and Thursday from 8 am to noon** and **Friday from 6 pm to 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: Nov. 5 & 19 and Dec. 3 (Share Christmas Party).

Veterans Brunch

The Center will feature a buffet style brunch honoring Veterans on **Monday, November 9 at 11:15**. Advance payment and registration is needed but you do not need to choose where you would like to sit in advance for this party. The cost is \$1 for Veterans and \$6 for others. The Brunch menu: Fruit & Donut Kabobs with Syrup, Yogurt with Berries and Granola, Biscuits and Gravy, Mini Chicken and Waffles, Homestyle Potatoes, Cinnamon Rolls, Milk, Tea, Coffee, and Orange Juice. The event will begin at 11:15 with a flag ceremony by the Murray Police Department followed by Marlene Tillman singing the National Anthem. Pianist Brian Ballard will play background music during the buffet style meal that will be available at 11:30. We want to thank Serenity Funeral Home for sponsoring the Veterans for this event. For this activity, Veterans are identified as men and women who have served, are currently serving, or are retired from the U.S. Military, National Guard, or Reserve.



NEW—Reader's Theater on Friday

Join volunteer Kathryn McNeil in trying your hand at acting by joining the Heritage Center Reader's Theater. The easy thing about a Reader's Theater is it requires no sets, costumes, props, or memorized lines. Instead of acting out literature as in a play, the performer's goal is to read a script aloud effectively, enabling the audience to visualize the action. Performers bring the text alive by using voice, facial expressions, and some gestures. It will be up to the group if you choose to perform any of the stories you have fun learning in the class. The group will meet on **Fridays** at 12:30 starting on **November 6**. No acting experience necessary! Just an enthusiasm for fun and a willingness to try reading different roles in a story. Sign up at the front desk if you are interested and then come on **November 6**. You will find quirky characters in humorous situations in the short plays you'll be reading in "Age On Stage" by author Drena Heizer. We've all had annoying restaurant experiences but not quite like the one Marge has in "Lunch With Ed-die". TV judges are lampooned in the ludicrous "Courtroom Capers". An amateur theatre group stumbles through a mystery play, airline passengers experience a strangely unusual journey, and a department store Santa Claus gets an unwelcome surprise. These are just a few of the funny adventures you'll enjoy reading in the new Heritage Center Reader's Theater group every Friday afternoon.

HOLIDAY BOUTIQUE

Gift ideas, Buffet Meal, Entertainment and Silent Auction

Our annual holiday boutique will be held on **Friday, December 4 from 10:00-3:00**. This year we have 13 artists selling handmade crafts. Come purchase a unique holiday or birthday gift from one of our vendors. This boutique is held only once a year and is open to the public. Invite family and friends to stop by and shop any time between 10:00-3:00. Money from the Heritage Center table sales will go to the new room expansion project. Donations are currently being taken for both the Heritage Center boutique table and the Heritage Center Silent Auction that will be going on during the event. See Maureen or Susan if you have a unique handmade item you would be willing to donate.

Tickets for the Holiday meal held this same day will go on sale **November 4** and the cost is **\$7**. Sign up early as reserved seating is limited for the meal. You can purchase one or all eight of the seats at your table, however, the meal is for participants 55 and over. Tickets are limited to one table (8) per person. Before the noon meal enjoy entertainment by Old Time Fiddlers at 11:00. The buffet will include: Spinach Salad and Tortellini Salad, Pot Roast and Dill Salmon, Baked Potato with Butter and Sour Cream, Seasonal Vegetables, Roll and Butter, Chocolate Cake or Cheesecake and Cranberry Cocktail.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Satisfaction Survey

Thank you to everyone who completed the September/October Satisfaction Survey. We had 169 people complete the survey compared to 230 who completed it two years ago. When asked which activity you would like to see more of 61% said trips or social activities and 39% said arts/crafts. The biggest percentage of people were "always" satisfied with the Center and we had several suggestions that we will try to implement in the future. Complete results will be available at the front desk in a few weeks. Thank you for taking time to share your thoughts.

*Holiday
Boutique*

**Friday
December 4
10:00-3:00**

Newsletters



Newsletters are available at the front desk (1.00 donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!

Smith's
FOOD & DRUG STORES

Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to smithsfoodanddrug.com and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.



Join us on Monday for Free Movie & Popcorn - Showtime is 1:00



Nov. 2 - **Cokeville Miracle** (2015) 94minutes - Drama/Family
 Nov. 9 - **I'll See You In My Dreams**(2015) 92 minutes - Comedy/Drama
 Nov. 16 - **Aloha** (2015) 105 minutes - Romance
 Nov. 23 - **Avengers: Age of Ultron** (2015)141minutes - Action
 Nov. 30 - **Tomorrowland** (2015) 130 minutes - Fantasy/Mystery
 Dec. 7 - **Furious** (2015) 137 minutes - Crime Film/Thriller
 Dec. 14 - **Jurassic World** (2015) 124 minutes - Action/ Adventure
 Dec. 21 - **Testament of Youth** (2014) 129minutes - Biography/Drama
 Dec. 28 - **Ant-Man**(2015) 117minutes - Action

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

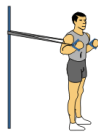
The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday at 12:30-2:00 until December 3.** The cost is covered by your exercise room payment of \$1 per visit or \$5 per month or is free with Silver Sneakers. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular

classes as participants enjoy improving their fitness skills and their general knowledge about fitness.

The students also offer one-on-one help, sign up for that service in the exercise room.



Have you tried the wall mount for resistance training? The U of U students will be available on Tuesday and Thurs-

day to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost you \$10 per month after reimbursement. What a deal!

New Year's Eve Party



Ring in the New Year on **Thursday, December 31** at the Heritage Center. The Center will be closed on **Thursday, December 31** until **6:00 pm** when the doors will open for a special celebration to ring

in 2016! Enjoy a Prime Rib Dinner, Dancing, and Casino games. The cost is **\$22** per person and will include party favors, prizes, unlimited funny money for casino games, entertainment with Tony Summerhays, door prizes, and fun with friends! You can purchase one seat or a table of 8 and **tickets go on sale November 5** when the Center opens at 8:00 am.

We decided to mirror New York (eastern time) and the party will run from 6:00-10:00 pm. The balloons will drop at 10:00 pm as we toast the New Year (non-alcoholic—no alcohol allowed) and sing Auld Lang Syne. Casino games will include blackjack, craps, roulette, bingo, slots, and horseracing. Each participant will receive \$300 in funny money to start the night and the best part, if you lose, you go back to the Heritage Bank for as much funny money as you'd like. The top 10 gamblers with the most chips at the end of the night will win a prize. We will need a lot of volunteers to run the casino games so see Susan if you'd like to volunteer.



New Year's Eve Schedule

- 8:00AM-6:00pm Center Closed
- 6:00pm—Doors Open
- 6:30—Prime Rib Dinner Served
- 7:30-9:30—Casino Games
- 7:30-10:00—Dancing
- 8:30—Refreshment room opens
- 9:45—Casino winners announced
- 10:00—Ring in 2016

Thanksgiving Dinner & Entertainment

Join the Center on **Wednesday, November 18 at 11:00** to give thanks for all the good things in life. Enjoy Roast Turkey, Stuffing, Yams, Green Beans, Mashed Potatoes and Gravy, Roll and Butter, Pie and Cranberry Cocktail served at noon.



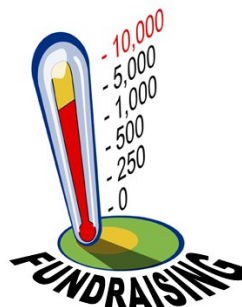
Entertainment begins at 11:00 with **Mixed Nuts**. They are a five-piece combo specializing in the music of the Big Band era for your listening pleasure. The meal will then follow at 12:00 noon.

All this is available for **\$6**. This year you will be able to reserve your table (similar to the Oktoberfest and Holiday Meal). Purchase one seat or a table of 8. You choose the table when you make the reservation. Tickets are currently on sale.

Room Expansion starting soon

For the past two years the Center has been fortunate to receive Community Development Block Grant (CDBG) money to expand the small office in the dining room. Bids were submitted recently and a contractor has been selected to enlarge the room from its current size of 11x11 to 11x27. The new room will have working heat/air, more space, and a sink. The room expansion will also add a new look to the west entrance with a small vestibule. We are excited by all of the possibilities for new programs with the expansion of the room. We hope to eliminate some of the doubling up that occurs in current rooms such as haircuts in the ceramics room and cards in the pool room. The project is scheduled to begin by the first of December. Money will be tight and the Center is asking for your help to complete the project. We are trying to raise \$10,000 to aid in

finishing the project. With everyone's help, we think we can meet our goal. The Center has over 2,000 participants and if just half of those people were able to donate \$10 each, the Center would meet their goal. Can you help? Watch the thermometer in the lobby and donate your \$10 today! Thank you for your support!



Center Trips



...Travel with friends

Wendover

Thursday, November 12 & January 14 at 8:30

Travel to Wendover for the last trip of 2015, on **Thursday, November 12**, and enjoy a day at the Rainbow Casino. Then put Thursday, **January 14** On your calendar to try your luck in 2016 when we travel again to the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

Tooele Breakfast—Nov. 25

Once again our Center bus will be headed to the Tooele Senior Center for the “2nd Best Breakfast in Utah.” The bus will depart the Center at **9:00 on Wednesday, November 25** and return about noon. Cost is **\$6** for transportation and the breakfast. Sign ups begin November 10 for this always delicious trip.

Bus Trip Reminders

- ☺ Dress in layers.
- ☺ Payment needed when reservation is made.
- ☺ You may only reserve a spot for yourself and one guest.
- ☺ Arrive 15 minutes early.

Utah Museum of Natural History—November 5 or 17

The Center bus will leave on **Thursday, November 5 OR Tuesday, November 17 at 11:00** for the Utah Museum of Natural History. Cost for these trips is **\$15** and includes a sack lunch. Sign up for these trips now. Meet 39 divas of the avian world in ***Birds of Paradise: Amazing Avian Evolution***. Found only in Papua, New Guinea, and parts of Australia, birds of paradise are a case study in the power of evolution. Their fantastic plumes, bizarre courtship display, and wild calls are a result of millions of years of sexual selection at work, in an environment with plentiful food and no natural predators.

Kingsbury Hall—December 11 at 9:00

Danu’ stirs the blood and lifts the heart...Celtic music lovers around the globe have been thrilled by Danu’s virtuosi players on flute, tin whistle, fiddle, button accordion and bouzouki, along with the gorgeous voice of Muireann Nic Amhiaoibh. In “A Christmas Gathering,” the group offers a taste of the wonder that is Christmas in Ireland, featuring music, stories and guest dancers. The bus departs the Center for Kingsbury Hall on **Friday, December 11 at 9:00** for the 10:00 performance. Cost is **\$5** and sign-ups begin November 20.

December Light Trips...choose your favorite destination**Thanksgiving Point OR Spanish Fork Light Festival**

It is time to start marking your calendar for the Center’s Christmas Season by visiting either **Thanksgiving Point’s Holiday Lights** OR Spanish Fork’s **Festival of Lights**. Because these are such popular trips, two trips to each destination have been planned but we are asking you to choose just one of the destinations (not both). On **Thursday, December 3 or Tuesday, December 8** we will travel to **Thanksgiving Point** and on **Thursday, December 10 or Tuesday, December 15** we will travel to **Spanish Fork**. Pick the location and date that is best for you and sign up beginning **November 18**. (You may only sign up for one trip). The bus will depart the Center at **4:00 pm** for each trip and travel to Lehi (Thanksgiving Point) and Provo (Spanish Fork) for dinner at the Chuck-A-Rama. After dinner, you will be treated to a drive through the one-of-a-kind Holiday Lights at Thanksgiving Point, featuring more than a million lights among all the snowmen, angels and reindeer or beautiful Canyon View Park at the mouth of Spanish Fork Canyon where you will view thousands of colored lights and dozens of illuminated structures—several of which are animated. Return to the Center at approximately 7:00 pm for Thanksgiving Point and 8:00 pm for Spanish Fork. Cost for these trips is **\$15**.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door. Starting in January, the dance cost will be increasing to \$5.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In June and July our sponsors were Village Inn Murray & West Jordan, Chuck-A-Rama, Tony Summerhays, & Cindy Jones.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **Nov. 12 and Dec. 10 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, Nov. 12 and Dec. 10** and be ready to Jam!



New Year's Eve Special Event—Thursday, December 31 from 6:30-10:00 PM

Prime Rib Dinner ♦ Dancing ♦ Casino Games ♦ \$22 per person ♦ Tickets on sale Nov. 5

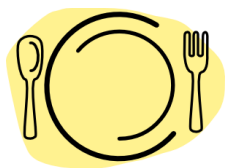
Reserved Tables—purchase one seat or an entire table of 8 (article on page 14)

Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen.

Smashed Car Window—don't leave valuables in your car

Last month we had an unfortunate incident at the Heritage Center. Wayne Oberg, Heritage Program Coordinator, had his car window smashed in for a quick "smash & grab". He had left his day planner on the seat and someone thought it might be valuable so they smashed his car window and stole the planner. This is a good reminder for everyone to lock your cars and not leave anything on your seats that might entice a thief to break into your car. This happened when we had 250 people in the building for our Open House event so it also doesn't matter if your car is isolated or surrounded by many others. Thieves wander around parking lots and look for items in cars. So don't make this common mistake and leave valuables or something that looks valuable in your car. We'd like to think the Heritage Center parking lot is a safe place, but apparently it's just as vulnerable as any parking lot. If you notice anything suspicious in the parking lot, please report it to staff or call the police.



November 2015

Heritage Center Menu





NO RESERVATIONS NEEDED unless it is a *special event

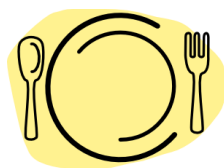
Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No Meal</p>	<p>3</p> <p>ROASTED CAULI- FLOWER & WHITE CHEDDAR SOUP Half Sandwich Fruit Ginger Cookie</p>	<p>4</p> <p>BEEF STROGANOFF Noodles, Veggies Birthday Cake & Ice Cream</p>	<p>5</p> <p>CHICKEN PARMESAN Roasted Potatoes Broccoli Cannoli</p>	<p>6</p> <p>PORK & SHRIMP PAD THAI Summer Roll Salad Strawberry Chip Cookie</p>
<p>9</p> <p>VETERAN'S BRUNCH at 11:15 \$1—Veterans \$6—Others Advance Purchase needed</p>	<p>10</p> <p>CHICKEN SHAWARMA Chips Fruit Brown Sugar Cake</p>	<p>11</p> <p>Closed for Veterans Day</p> 	<p>12</p> <p>TUSCAN SOUP Pomegranate & Pistachio Salad Lemon Raspberry Cupcake</p>	<p>13</p> <p>LEMON TILAPIA Baked Potato Roasted Veggies Chocolate Cobbler</p>
<p>16</p> <p>No Meal</p>	<p>17</p> <p>CREAMY TOMATO & TORTELLINI SOUP Harvest Salad Ice Cream Sundae</p>	<p>18</p> <p>Thanksgiving Meal—\$6 Entertainment at 11:00 Meal served at 12:00 noon</p>	<p>19</p> <p>MEATLOAF Mashed Potatoes and Gravy Peas Oreo Fluff</p>	<p>20</p> <p>HERB ROASTED CHICKEN Rice Pilaf Veggies Pineapple Upside Down Cake</p>
<p>23</p> <p>No Meal</p>	<p>24</p> <p>HONEY LEMON CHICKEN PASTA Roasted Butternut Squash Butter Cake</p>	<p>25</p> <p>DILL SALMON Baked Potato Creamy Broccoli Caramel Apple Pie Bars</p>	<p>26</p> <p>Closed</p> 	<p>27</p> <p>Closed</p>
<p>30</p> <p>No Meal</p>				



December 2015

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event
 Lunch is served anytime between 11:30 – 12:30
 Pay and make your selection when you are ready to eat.
 If the main entrée doesn't appeal, try a sandwich or salad option.
 Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
	OVEN FRIED CHICKEN Mashed Potatoes & Gravy Coleslaw Peanut Butter Cookie	PHILLY STEAK SANDWICHES Chips Fruit Birthday Cake & Ice Cream	SPLIT PEA SOUP Half Sandwich Fruit Bananas Foster	Winter Boutique Holiday Meal \$7—advance ticket needed. Entertainment at 11:00. Meal served at 12:00 noon.
No Meal	PORK BARBACOA BURRITOS Cilantro Salad Tres Leches Cake	TURKEY NOODLE SOUP Half Sandwich Fruit Pumpkin Cookie	HONEY MUSTARD CHICKEN Potato Casserole Veggies Orange Cream Cupcake	CHICKEN FRIED STEAK Mashed Potatoes & Gravy Carrots Cinnamon Apple Coffee Cake
No Meal	KOREAN BEEF BOWL Orange Ginger Slaw No Bake Chocolate Cookie	SPAGHETTI BOLOGNESE Caesar Salad Breadstick Carrot Cake	STUFFED PEPPERS 7 Layer Salad Butter Cookie	BEEF & BARLEY SOUP Half Sandwich Fruit Cinnamon Spice Rice Krispy
No Meal	BROCCOLI CHEDDAR SOUP Half Sandwich Fruit Rice Pudding	CABBAGE ROLLS Green Salad Cookies	CHICKEN TACOS Rice Dessert Pizza	Closed
No Meal	CRAB BISQUE Chopped Salad Sticky Toffee Pudding	THAI CHICKEN AND SHRIMP Rice Peas Meringue Cookie	Center Closed until 6:00 PM when the New Year's Eve Celebration begins \$22 includes Prime Rib Dinner, Casino Party, Dancing, and more!	

